



Healthy  
CHARLOTTE ALLIANCE

## 2018-19 Year In Review and Annual Meeting Recap

As our fiscal year draws to a close, I'm so pleased to share with you about the exciting year we've had.

As you know, Healthy Charlotte Alliance is focused on three main initiatives 1) health education programming 2) volunteer service and 3) financially investing in non-profits demonstrating proven impact toward improving health outcomes in our community.

Our educational programming kicked off with a powerful series of lunch & learns on various important health issues...



In September, Dr. Brian Jerby delivered a program, entitled **Healthy Gut, Healthy You**, informing members and guests on the relationship between chronic disease and gut dysfunction and how Functional Medicine works to address “root causes” through individualized treatment plans.

In November, speaker, writer and mental health advocate, Beth Purdy shared her incredible journey **Living, Surviving and Thriving with Mental Illness** and her personal mission to combat stigma around mental health.





In January, MEDIC, in partnership with Novant Health and Atrium Health, delivered a fun and engaging *bystander CPR training*, better preparing Alliance members, should a loved one experience cardiac arrest.

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In March, we heard from personal trainer and adjunct professor of nutrition and health at Queens University, Marcy Luna, as she shared practical tips on *How To Stress Less in a Stressful World*.



In addition to our informative *lunch & learn series*, Healthy Charlotte Alliance was proud to partner with the [Charlotte Resilience Project](#) and [Mecklenburg County Medical Society](#) in April to deliver an evening program on *Building a Healthier, More Resilient Community*.

Alliance members first screened the fascinating documentary “*Resilience: The Biology of Stress and the Science of Hope*” and then heard from a panel of experts, learning that strong, supportive relationships and a feeling of connection are critical factors to building resilience.

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We also hosted an incredibly successful (*and sold-out!*) **Community Health Classroom** back in October, in which we heard from keynote and author, Peter Wong, on the importance of *Caring For the Caregiver*. This signature program raised more than \$14,000 in net income to support Healthy Charlotte Alliance's programming.

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In addition to becoming more informed on various health issues, members spent the year **rolling up their sleeves**, supporting many different nonprofit partners in the community through their time and volunteer efforts.



**Teen Health Connection** hosted a tour and informational presentation to help us learn more about their efforts to provide for the physical and mental health of local teens.

Led by Terry Albanese, several Alliance members formed *The Memory Makers* team and participated in **The Walk to End Alzheimer's**.



Leslie Aronovitz and Ted Gearhart represented the Alliance at **Camp Blue Skies** and led adult campers with developmental disabilities in several fun activities, including make-and-shake trail mix.





Mimi Compton led 15 Alliance members in coordinating a day of providing meals, and a sense of home, for overnight guests at Hospitality House of Charlotte.



Members toured **The Relatives Youth Crisis Center**; a safe place for children who have run away from home, are homeless, or simply going through a rough family situation with nowhere else to turn.

We learned, first-hand of the impact of the Alliance's financial investment made to support the **Neighbor Care** program, which works to find safe, temporary care for children when their parent experiences a medical emergency.



We also have a little fun too.

Members jingled and mingled at a festive holiday party at the beautiful home of Judy Verross...

...and learned a few fashion tips for transitioning into spring at Nordstrom.



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Through the Past Presidents' Luncheon...



...and the Loyalty Circle Tea (for 30+ year members), hosted at the beautiful home of Mitzi Yount, we were able to **honor the tremendous legacy of this organization and the ladies who have built and strengthened the Alliance over the years.**



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Just last week, we celebrated our incredible year at our 2019 Annual Meeting and had the pleasure of awarding **\$69,000** in grant funding to support 11 nonprofit organizations working to **improve the health and quality of life for all people of Mecklenburg County.**





[Ada Jenkins Center](#) - \$5,000

To support Community Health Nursing at the AJC Free Clinic.

[Carolina Refugee Resettlement Agency](#) - \$8,000

To support the Refugee Health Promotion Project to help individuals and their families to overcome health access and insurance barriers and educate groups on mental health and social service resources.

[Charlotte Speech and Hearing Center](#) - \$10,000

To support deeply discounted hearing instruments to those in need on a sliding fee scale based on income.

[ChemoCars](#) - \$7,700

To support the elimination of transportation barriers for cancer patients by providing free round-trip rides to treatment using Uber and Lyft.

[Samaritan House, Inc.](#) - \$10,000

To provide short term recuperative care for homeless men and women following a hospital or emergency room stay.

[Shining Hope Farms](#) - \$1,700

To purchase an AED for the Charlotte farm.

[UrbanPromise Charlotte](#) - \$12,000

To support UrbanPromise's Counseling Program, in which 11th and 12th grade StreetLeaders receive year-round counseling from licensed professional counselors in order to improve their emotional, psychological, and social well-being and build healthy and resilient lives.

[YWCA Central Carolinas](#) - \$5,600

To support a pool lift for the YWCA indoor pool, making the pool more accessible to the elderly and those with disabilities.

## LEGACY GRANT AWARDS

[Hospitality House of Charlotte](#) - \$3,000

To support the overnight lodging program.

[NC MedAssist](#) - \$3,000

To support Mecklenburg County Free Pharmacy patients.

[Teen Health Connection](#) - \$3,000

To fund a national speaker at the 2019 Empower Teen Leadership Summit (formerly



We honored our deserving **2019 Genie Hayes Award** winner...

**Marian Fort** has been an active member of Healthy Charlotte Alliance for more than 50 years, serving as Board President in 1993, as well as many other leadership roles. Smart, forward-thinking, and with a great sense of humor, Marian has been a steadfast leader when it comes to crucial decisions about the future of Healthy Charlotte Alliance.

Marian believes in honoring the deep legacy of our beloved organization, and also recognizes the need to be nimble and adapt in order for Healthy Charlotte Alliance to remain vibrant and thrive.

She has been a great source of inspiration to many who have worked to keep the Alliance active and relevant in our community.

We recognized the tremendous accomplishments of our **2019 James Gray Cannon Award** recipient, **Dr. John Klimas**, and awarded [Care Ring](#) \$1,000, per his designation.



**Dr. John Klimas** has been the visionary behind Physicians Reach Out, an initiative of Care Ring. In the early 2000s, Dr. Klimas led the Mecklenburg County Medical Society Board of Directors to build a local network of physicians, volunteering to care for patients who were low-income, uninsured or otherwise excluded from the healthcare system.

Over the past 15 years, what began as a small but mighty physician recruitment team, has grown into a thriving, comprehensive network of 1,600 primary and specialty care providers who treat more than 4,000 patients each year.

In May 2018, the amount of donated care since Physicians Reach Out began in 2004, exceeded \$150 million! Even general surgery and oncology care

are now provided to qualified patients. Thousands of people have received vital care since the inception of PRO and this incredible initiative would not exist today if not for the passion and leadership of Dr. Kilmas.

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We heard from emergency medicine doctor-turned-novelist, Kimmerly Martin who shared her personal journey and her passion for philanthropy.



We also honored those beautiful and strong women who sadly passed this year, leaving an indelible mark on the Alliance.

### In Loving Memory



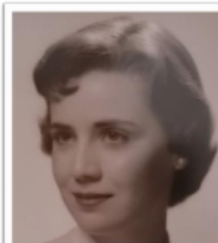
Nancy Hutcheson



Dorothy Lowe Ross



Susan Frances Kelly



Suzanne J. Anderson



Carmel Joyce



Mary Jo Swanson



Jane Lucas



Elizabeth Raby



Margaret (Peg) Ranson



Terry Adcock

We enjoyed fellowship with friends and celebrated a remarkable year, as we look ahead with hope and excitement for the year to come!







**Thank you for a great year and for your continued partnership!**

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Connect with us

